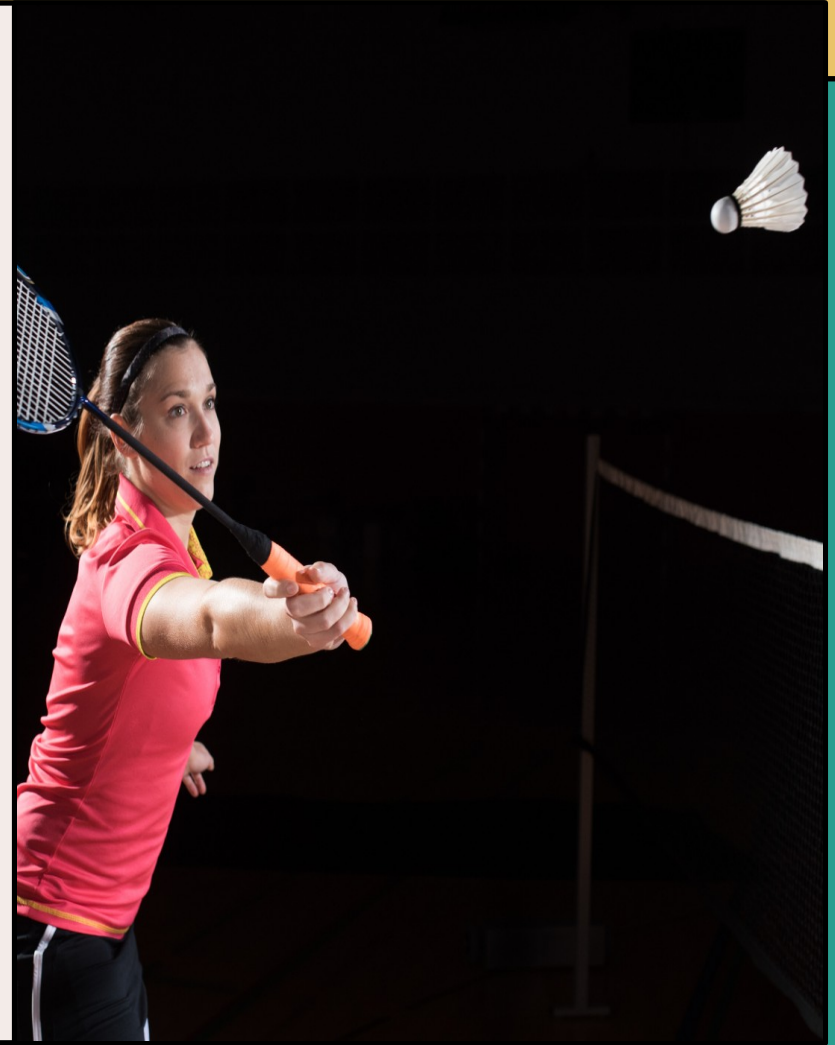


# **Simone Laubscher Top Fitness Tips for Aspiring Female Athletes**



In the heart of the UAE, where ambition meets diversity, lives a powerhouse of strength, field, and inspiration — Simone Laubscher. At just 30 years old, Simone has already carved out a reputation as a skilled badminton player, a passionate dog lover, and a role model for aspiring female athletes. Her journey on and off the court is a testament to what it means to live with intention, balance, and a commitment to wellness.

While many know her for her competitive edge in badminton, what truly sets Simone Laubscher apart is her holistic approach to health and fitness. Whether you're just starting your athletic journey or striving to reach the next level, Simone's personal fitness philosophy is packed with tips that are both practical and powerful.

In this blog, we dive into Simone Laubscher's top fitness tips designed especially for desiring female athletes. These insights go beyond exercise routines — they encompass lifestyle, mindset, and daily habits that help build a strong foundation for success in sports and life.

# 1. Prioritize Consistency Over Intensity

According to Simone Laubscher, consistency is the real game-changer in fitness. You don't need to go all out every single day to become a better athlete. Overtraining can lead to burnout or injury. Instead, focus on showing up — whether it's a 30-minute practice session, a strength workout, or light cardio.

“It's not about doing it all at once. It's about doing something every day that keeps you moving forward.” — Simone Laubscher.

Consistency builds discipline, and discipline builds champions. Set a realistic schedule and stick to it, even on the days you feel less motivated.

## 2. **Fuel Your Body, Don't Just Feed It**

Wellness begins in the kitchen. For [Simone Laubscher](#), nutrition is as important as training. She emphasizes eating clean, whole foods that nourish the body and provide energy for intense performance. Think lean proteins, healthy fats, complex carbs, and a rainbow of fruits and vegetables.

She avoids fad diets and believes in intuitive eating — listening to your body and learning what foods make you feel strong, energized, and focused.

“Your body is your vehicle. What you put into it determines how far and how quickly you’ll go.” — Simone Laubscher.

Hydration is another key element Simone never compromises on. Athletes lose a lot of fluids, especially in hot climates like the UAE, so drinking plenty of water throughout the day is a non-negotiable.

### 3. Train Smart with a Mix of Cardio, Strength, and Recovery

Simone Laubscher's training isn't just about smashing shuttlecocks across the court. It's a well-rounded fitness program that includes:

*Cardiovascular training for stamina*

*Strength training to improve power and prevent injuries*

*Mobility exercises for flexibility and muscle recovery*

*Mental focus exercises such as breathwork or light meditation*

Simone stresses the importance of rest and recovery as much as active training. She advocates taking at least one full rest day per week and including stretching or yoga to enhance flexibility and reduce muscle tension.

“Rest days are not lazy days — they're repair days. Your body grows more powerful when you let it recover.” — Simone Laubscher.

## 4. Mental Fitness is Just as Important as Physical Training

For Simone, fitness isn't just about physical strength — it's also about mental toughness. Competitive sports, especially for female athletes, can be mentally demanding. Simone practices visualization, self-talk, and mindfulness to maintain her edge and manage pressure.

She recommends journaling, meditating, or simply taking time to reflect after each exercise session. Confidence doesn't come from winning every time — it comes from being present, prepared, and resilient.

“If your mind is strong, your body will follow. Train both.” — Simone Laubscher

# 5. Surround Yourself With Positive Support Systems

No athlete succeeds alone. Simone Laubscher credits much of her growth to having a supportive family, encouraging coaches, and a motivated peer circle. Whether it's training partners, mentors, or even her dog who brings comfort after a tough day — a strong support system fuels consistency and confidence.

She urges young female athletes to seek out environments where they are encouraged, appreciated, and challenged to grow. That includes online communities, local sports clubs, or female-focused fitness events happening around the UAE.

# 6. Stay True to Yourself and Your Goals

One of Simone Laubscher's most inspiring traits is her authenticity. She reminds aspiring athletes not to compare their journeys with others. Everyone grows at their own pace. Set goals that matter to you, not what looks good on social media.

"Fitness is personal. Your plans, your progress, your reasons — they're yours." — Simone Laubscher

She encourages young women to define what success means to them and to estimate their progress by how they feel, not just by trophies or titles.



# 7. Let Passion Be Your Power

Simone's love for badminton, dogs, and wellness isn't just a lifestyle — it's her source of energy. She believes that when you genuinely love what you do, motivation evolves natural. She plays because she loves the game, not just to win.

This passion spills into everything she does — from training with enthusiasm to mentoring younger athletes. Simone encourages others to find joy in their journey, to celebrate small wins, and to keep the spark alive.

- “Do it with love, or don't do it at all.” — Simone Laubscher

# Final Thoughts

Simone Laubscher isn't just a badminton player — she's a symbol of balance, wellness, and determination for countless young women in the UAE and beyond. Her fitness tips come from real-life experience, built through years of dedication and self-discovery.

Her message is transparent: You don't have to be perfect. You just have to start, stay consistent, and never stop believing in yourself.

So, to every aspiring female athlete out there — take a page from Simone Laubscher's playbook. Train smart, eat well, remain grounded, and chase your dreams with passion. The court is yours.